



All You Need to Be Impossibly French: A Witty Investigation into the Lives, Lusts, and Little Secrets of French Women

Helena Frith-Powell

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The allure of the Frenchwoman—sexy, sophisticated, flirtatious, and glamorous—is legendary. More than an eye for fashion or a taste for elegance, the French *je ne sais quoi* embodies the essential ingredients for looking and feeling beautiful.

With wit, whimsy, and wonder, British expatriate Helena Frith Powell uncovers the secrets of chic living in *All You Need to Be Impossibly French*, a cheeky guide to releasing your inner Frenchwoman. Delving deep into a mysterious realm of face creams, silk lingerie, and shopping-as-exercise, Powell reveals how French women stay impossibly thin and irresistibly sexy by achieving the maximum effect from the minimum amount of effort. Forget diet and inspiration books and style guides—this is all you need to embrace the wisdom of French living, and learn how to turn every day into *la petite aventure*.

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